



# FOOD FETISH

## Sweets That Say Healthy

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Let's be honest. We like rich, creamy, decadent desserts full of texture and flavor. When we eat them we feel good, happy and satisfied. But sweets are usually reserved for occasional treats and special celebrations; they are okay in small servings. The problem starts when we indulge ourselves a little bit too much! This can lead to unhealthy weight gain, hormonal imbalance, headaches, mood swings and bad skin.

Most traditional desserts contain flour and are high in unhealthy fats, refined oils and sugar. They are also loaded with additives, preservatives, stabilizers and calories.

Did you know that you can make your own desserts that are sweet and healthy for you? These desserts are great tasting alternatives that look appealing and taste absolutely delicious. I use organic nuts, seeds and seasonal fruits in my desserts. They are rich in enzymes and natural sugars, and provide nutrients such as vitamins, minerals, and fiber. At the same time they are satisfying your sweet desire.

### SWEET ALTERNATIVES

**Avocado:** sweet fruit rich in vitamin E, Beta carotene, B complex, folic acid, magnesium, iron, potassium and fiber. Avocado contains monounsaturated fat, which helps maintain levels of good cholesterol in the body. I use avocado in my creamy recipes and in fruit salads.

**Banana:** sweet, rich in carbohydrates, folic acid, vitamin C, potassium and pectin. It is very easy to digest when ripe. I use bananas in smoothies, fruit salads, pies and cakes.

**Dates:** sweet and moist, rich in carbohydrates, iron, magnesium, potassium and fiber. I love dates; Medjool dates are my favorite and I use them as a sweetener in my raw desserts such as cakes, creams, sauces, cookies and pies.



**Raw Cacao:** not processed, roasted or mixed with milk solids. Raw cacao is a super food high in sulfur, magnesium, iron, copper, phosphorus, calcium, potassium, vitamin A, B, C, D, and E. It is super rich in antioxidants (the richest source of any food). Cacao is high in ORAC (Oxygen Radical Absorbance Capacity), a standard by which science measures antioxidant activity in foods. Cacao has a distinctive bittersweet flavour and is delicious in cakes, smoothies and protein drinks.

**Nuts and Seeds:** excellent source of vegetarian protein. They contain B-complex, Beta carotene, vitamin D and E, and calcium. They also contain good fat and the enzyme called lipase that helps the body digest fat.

**Almonds:** low in acid; contain protein, vitamin E, calcium, iron, magnesium, potassium and zinc. They are anti-inflammatory and strengthen the nervous system. I use them in my raw cakes, pies, cookies and home made almond milk. Soak nuts and seeds for better digestibility and creamier texture.

**Coconut:** good source of protein, B-complex, Beta carotene and minerals, especially iodine which is important for thyroid function. Coconut contains saturated fats called medium chain fatty acids or medium chain triglycerides (MCT) and is used as an immediate source of fuel and energy. It digests better and it is not stored in the body as fat reserves. Coconut butter has anti-bacterial, antimicrobial and anti-viral properties; it contains Lauric acid, Caprylic acid and Myristic acid.

Those who suffer from candida, yeast infections or allergies to mold can benefit from coconut oil.

I use coconut oil and young coconuts with the soft "meat" in my smoothies,



creams, pies, cakes and ice-creams. Coconut water is also a great source of electrolytes, and is a good dehydration drink very similar in composition to human plasma.

**Carob:** an evergreen tree native to Eastern Mediterranean in the Middle East, where it has been cultivated for 4000 years. The fruit of the carob is a pod. It has a dark-brown colour, is edible, fat free, rich in pectin, protein, vitamin A, vitamin B-complex, and calcium. The pods are ground into powder that can be a cocoa or chocolate substitute.

**Raspberries:** sweet and sour berries contain beta carotene, ellagic acid, potassium, fiber, and are high in vitamin C. Raspberries are very alkaline, have a cleansing effect on the body, and have anti-viral properties, according to research. Raspberries are delicious in pies, protein shakes and smoothies. I use them as decorative berries on my chocolate mousse.

These are just a few great tasting organic ingredients that I use regularly in my delicious nutritious recipes. They will maintain the health of your body and at the same time satisfy your sweet tooth.

For more of my delightfully delicious recipes visit my website where you can download my Sweet Raw Delight e-book. [www.wholeimagenutrition.com](http://www.wholeimagenutrition.com)



## RECIPES SWEETS THAT SAY HEALTHY



### RED RASPBERRY CAKE

Delicious and rich in flavor to satisfy your sweet tooth



### INGREDIENTS

Crust:

- 1 cup almonds
- 1 cup dates, Medjol
- Pinch of Celtic sea salt

Filling:

- 1½ cup raspberries,
- ½ cup blackberries, fresh or frozen.
- ½ cup dates, Medjol

### PREPARATON

1. Grind the almonds in a blender to get flour consistency.
2. Transfer almond flour to food processor; add Medjol dates and a pinch of salt.
3. Form into a ball.
4. Place the ball into a cake pan and gently press to form a crust.
5. In a food processor mix raspberries, blackberries and Medjol dates.
6. Fill the pie shell with the mixture.

### CHOCOLATE BROWNIES

These chocolate brownies are my sweet temptation

### INGREDIENTS

- ¼ cup raw tahini (raw sesame seed butter)
- 1 tbsps. raw cacao powder or raw carob powder
- ¼ cup coconut oil or olive oil
- ½ cup organic raw almonds, chopped
- 2 cups almond flour (grinded in blender)
- Dried shredded coconut flakes
- ½ cup dates, Medjol

### PREPARATION

1. Mix all ingredients except chopped almonds and shredded coconut flakes in a food processor to form a ball.
2. Place the ball into a square pan and gently press.
3. Sprinkle with chopped almonds and shredded coconut flakes
4. Refrigerate for at least a couple of hours or over night

### AVOCADO-MANGO PUDDING

Oh so easy...and delicious

### INGREDIENTS

- ½ avocado
- 1 Mango, peeled and chopped



### PREPARATION

1. In a blender combine all ingredients to a smooth consistency.
2. Pour into a glass.